



Co-funded by the
Erasmus+ Programme
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Personal Image workshop



Pictograms: ARASAAC (<http://www.arasaac.org/>)

WHAT IS THE PERSONAL IMAGE?

WHAT OTHERS SEE
AND PERCEIVE FROM
ME

WHEN I THINK OF
SOMEONE AND I
IMAGINE IT: I SEE YOUR
PERSONAL IMAGE

OUR IMAGE IS
OUR LETTER OF
PRESENTATION

WHAT WE
SHOW TO THE
WORLD IS
OUR IMAGE

PERSONAL IMAGE



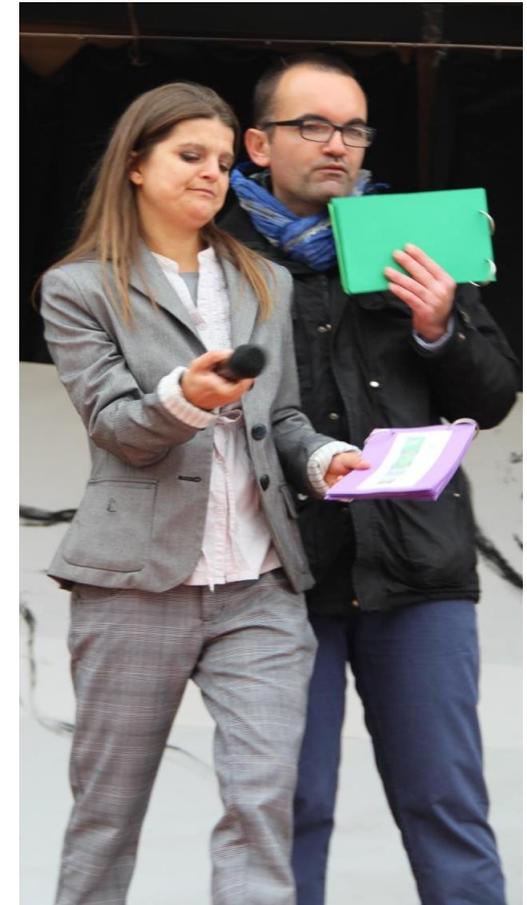
**DO YOU
THINK THAT
THEY HAVE
GOOD OR
BAD IMAGE?
WHY?**

PERSONAL IMAGE

BEFORE



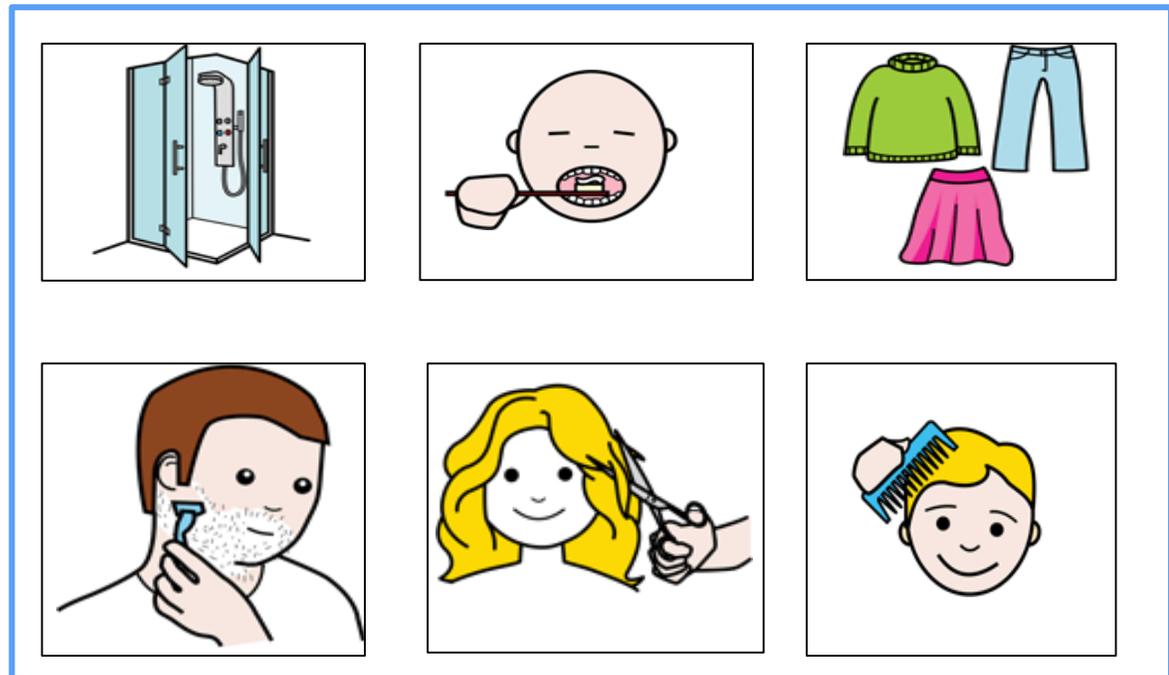
AFTER



GOOD PERSONAL IMAGE



- CLOTHES CLEAN AND ADEQUATE
- CARE OF THE ASPECT
- CORRECT ATTITUDE
- GOOD HYGIENE



SHOWER PREPARATION



**MAKE SURE TO
HAVE AT HAND**



**PREPARE CLEAN
CLOTHES AFTER
SHOWER**



**REMOVE THE DIRTY
CLOTHING AND
THROW IT TO THE
BASKET FOR
WASHING**



SHOWER STEPS

1



Open the tap and check the temperature. **WATCH OUT!! YOU CAN BURN.**

2



ENTER THE SHOWER. WIP YOUR HEAD AND CLOSE THE FAUCET. WE START THROUGH THE HEAD AND SO WAS GOING WET THE REST OF THE BODY. GET THE SHAMPOO AND SWAP TWICE.

3



REMEMBER TO SWEAT YOUR FACE AND EARS. OPEN THE TAP AGAIN AND REMOVE THE FOAM. CLOSE THE TAP WHEN NO FOAM COMES OUT.

4



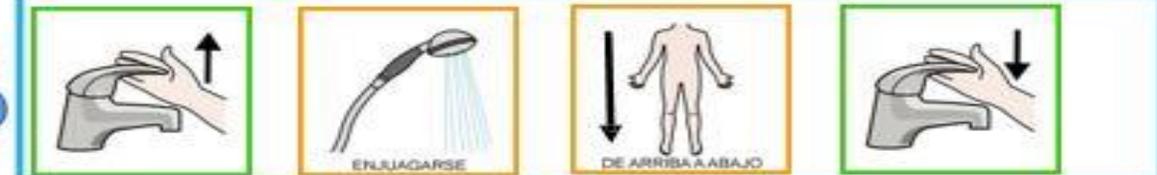
GET THE SPONGE AND ADD GEL. RUB EVERY PART OF YOUR BODY, BEGIN WITH THE NECK AND GO DOWN.

5



FINISH AT THE FEET AND LAST, WASH VARIOUS TIMES YOUR GENITAL AND END WITH THE ASS.

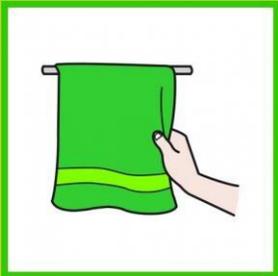
6



WE OPEN THE TAP, IT IS NOT NECESSARY TO HAVE IT OPEN WHILE WE WASH. WE REMOVE THE SOAP FROM ABOVE UNTIL WE REMOVE IT AT ELL AND CLOSE THE TAP.

AFTER THE SHOWER

GET THE TOWEL AND DRY THE BODY WELL AND DON'T FORGET TO DRY BETWEEN YOUR TOES



DRY YOUR HAIR



TO FINISH REMEMBER PUT YOURSELF



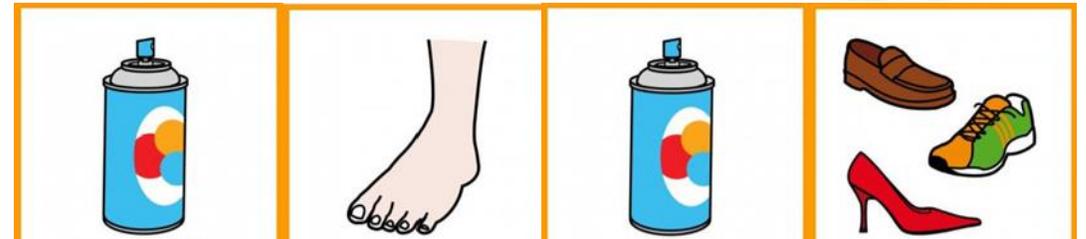
DEODORANTS



**IMPORTANT!!! YOU
MUST PUT
YOURSELF EVERY
DAY IN THE
ARMPIT**



**DEODORANT
FOR THE SHOES
AND THE FEET**



HYGIENE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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HYGIENE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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CHANGE CLOTHES



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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CHANGE CLOTHES



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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HAND WASHING, YOU MUST WASH THEM:

**BEFORE YOU EAT,
AFTER GOING TO THE
BATHROOM, COUGH,
SNEEZE, TOUCHING
SOMETHING DIRTY,
WORKING...**



TIPS FOR HAVING A HEALTHY MOUTH



**DON'T
SMOKE**



**SEE REGULARLY
THE DENTIST**



**BRUSH YOUR
TONGUE**



**CHANGE YOUR
TOOTHBRUSH
EVERY 3 MONTHS**



**HAVE A GOOD
DIET**

ROUTINE WHEN YOU WAKE UP

